

Supplication for when you wake up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا
بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdu lillaahil-lathee
'ahyaanaa ba'da maa 'amaatanaa
wa ilayhin-nushoor

Praise is to Allah Who gives us life after
He has caused us to die and to Him is the return



What to
say before

Sleeping

بِسْمِكَ اللَّهُمَّ
أَمُوتُ وَأَحْيَا

*Bismika Allaahumma
amootu wa ahyaa*

In Your Name, Oh Allâh, I die and I live

What to
say when leaving
the home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Bismillaahi, tawakkaltu`alallaahi,
laa hawla wa laa quwwata `illaa billaah.*

In the Name of Allah, I have placed my trust in Allah
, there is no might and no power except by Allah.